



School Healthy Eating Assessment Tool

Healthy Eating at School - How are We Doing?

“Making it Happen: HEALTHY EATING AT SCHOOL” provides students with the knowledge, skills and support they need to adopt healthy eating behaviours, meet their nutritional needs and perform better in school.

Your school may already be doing activities and have policies that support healthy eating.

Why use this tool?

This tool will help your school assess healthy eating practices in your school. You can assess what is working well and build on your current successes.

Who can use this tool?

Groups of parents, students, principal/vice-principal, teachers, interested community members; or a team who get together to do the assessment and planning.

How can this tool be used?

The choice is yours. Part A is the assessment and Part B is for planning. You could present your findings to the student council, principal, a staff meeting, or Parent Advisory Committee. Talk about some things you would like to change and develop a plan of action. Your school can use this checklist each year to reassess and plan for the next year.



A. School Healthy Eating Assessment

1. Our School Environment

Creating a supportive environment provides students with the encouragement, opportunities and skills they need to adopt healthy eating patterns. Making healthy eating part of the school's total education program is a responsibility shared by schools, families and communities.

1.1 Committing to Healthy Eating At School

- [] Our administration promotes and supports healthy eating at school (e.g. encouraging staff to lead by example, holding school-wide challenges, making the healthy choices the easy choices, sharing success stories).
- [] Our staff model healthy eating and active living (e.g. eating healthy meals and snacks, being physically active and giving positive feedback to students about their food and activity choices).
- [] Our Parent Advisory Committee supports healthy eating (e.g. using nutritious and non-food items for fundraising, volunteering at meal and snack programs, providing healthy foods at PAC sponsored events).
- [] Our school or district has a policy to support healthy eating which addresses:
 - [] Access to healthy and safe foods in vending machines, school stores, cafeteria, classroom, school events and meetings
 - [] Alternatives to using food to reward or discipline student behaviour or achievement
 - [] Foods used for fundraising
 - [] Strategies to meet the needs of hungry students
 - [] Providing adequate time and pleasant places to eat
- [] Our school communicates this policy to:
 - [] Students (e.g. student orientation, handbook, announcements)
 - [] Staff (e.g. staff orientation, handbook and meetings)
 - [] Parents (e.g. family handbook, newsletters, community meetings)
 - [] The public (e.g. written policy posted in our school, our website)



1.2 Representing the School Community on School Nutrition

- [] Our students, teachers, staff, parents and relevant community members have opportunities to provide input and feedback on healthy eating strategies.
- [] Our school has a process to address school health policies and practices concerning nutrition, physical activity and healthy living.

1.3 Promoting Healthy Eating:

- [] Our students receive positive, motivating messages about healthy eating and physical activity throughout the school setting (e.g. posters, public announcements, videos, motivational speakers).
- [] Our school provides healthy activities at lunch breaks to encourage students to stay on campus.
- [] Our school holds fun, healthy eating events that support classroom learning (e.g. contests, fairs)

1.4 Accessing Healthy Foods and Beverages

- [] Our students have access to safe drinking water (e.g. fountains are in good working order).
- [] Our school uses the 2007 Ministry of Education & Ministry of Health “Guidelines for Food and Beverage Sales in BC Schools” to select choices for vending machines, school stores, cafeterias, sports events, and fundraising events.
- [] Our school promotes healthy foods and beverages (e.g. posting “Nutrition Facts”, labelling healthy choices; making nutritious choices more affordable, displaying healthy choices more prominently, offering taste-testing opportunities).
- [] Our school limits access to unhealthy foods and beverages.



1.5 Creating a Pleasant Eating Environment

Meal and snack breaks provide opportunities for students to practice eating well and to build social skills.

- [] Breaks are scheduled at appropriate times for students to eat their snacks (e.g. recess in the morning for elementary grades).
- [] Our students have lunch periods that allow enough time to eat and socialize (e.g. consider lunch after playground time in elementary school; prior to tutoring, pep rallies, club meetings, intramural sports for higher grades).
- [] Our eating areas are safe, caring and orderly places (e.g. mealtime supervisors trained in first aid for choking; noise kept at a reasonable level; students sit on chairs at tables rather than on the floor).

1.6 Fundraising that Supports Healthy Eating (if your school raises funds)

- [] Our school offers healthy foods and beverages for sale.
- [] Our school sells only healthy foods to raise funds.
- [] Our school sells non-food items (e.g. candles, greeting cards, flower baskets, bedding plants, magazine subscriptions, singing telegrams) to raise funds.
- [] Our fundraisers promote healthy and safe activities (e.g. fun walk/runs, rope jumping, bowl-a-thon, cross-country ski-a-thon, dance-a-thon) rather than unhealthy practices such as gorging or fasting.

2. Our School Food Services

Providing healthy food and beverages in schools helps students meet their nutritional needs and gives them repeated opportunities to practice healthy eating skills.

2.1 Assessing the Need for School Food and Beverages

- [] Parents, children and others have an opportunity to provide input into food and beverages served in our school.
- [] Our school assesses the food and beverage needs of students.
- [] Our school has plans to address the need for food and beverages services. (e.g. need to serve breakfast, milk, vegetables, fruit).



2.2 Providing Food and Beverages

- [] Our school offers food and beverage programs.
- [] Our school meal program offers healthy food and beverage choices.

2.3 Preventing Food-borne Illness

- [] Our school promotes and supports safe food handling practices (e.g. posters, educational materials about proper hand washing and handling foods, presentations/ planning with Health Authority environmental health officer/public health nurse/ community nutritionist).
- [] Our staff, students and volunteers who prepare food have FoodSafe certification.

3. Our Nutrition Education

Providing nutrition education activities that are fun and build skills help students develop lifelong healthy eating habits.

Learning about Healthy Eating:

- [] Our school builds skills that support healthy eating (e.g. media literacy, planning and preparing meals and snacks).
- [] Our school integrates healthy eating into other curriculum areas (e.g. science and physical education).
- [] Our teachers and coaches access reliable sources of nutrition information (e.g. Eating Well with Canada's Food Guide, Dial-a-Dietitian and Dietitians of Canada).
- [] Our teachers and food service staff collaborate on consistent healthy eating messages.

4. Our Family and Community Involvement

Family and community partners who deliver strong consistent nutrition messages and model healthy food choices increase the effectiveness of school-based nutrition programs.

Involving Families and Community Partners:

- [] Our school promotes healthy meals and snacks; and enjoying eating together (e.g. healthy eating messages in newsletters to parents, PAC meetings, homework, after-school programs).
- [] Our school involves parents, volunteers and community leaders in assessing the schools' eating environment, developing a shared vision and an action plan to achieve it (e.g. deciding what foods and beverages are offered /sold at school).



- [] Our community partners promote and support healthy eating (e.g. organizations involved in fundraising for us sell nutritious or non-food items; after-school programs offer healthy food and beverage choices).
- [] Our school supports local food producers and distributors (e.g. buying foods from local farmers, field trips to farms, ranches and food processors, supermarket nutrition education tours).

5. Health Promotion for our Staff

Staffs are important role models for students. Staffs need to be supported in making healthy food and lifestyle choices for themselves.

Promoting a Healthy Workplace:

- [] Our school serves healthy foods and beverages at staff meetings.
- [] Our teachers, sports coaches and health service providers promote healthy behaviours that prevent teasing or harassment resulting in disordered eating (e.g. size and weight acceptance, sensitive weighing and measuring practices, no-diet policy).
- [] Our school/district promotes and encourages staff wellness.
- [] Our school supports professional development/continuing education for teachers and food service staff.

6. Our School Health Services

Health Authorities are a source of expertise and support for healthy eating (e.g. Public Health Nurse, Community Nutritionist and Environmental Health Officer.)

Working Together for Health:

- [] Our school partners with the community health professionals to promote and support healthy eating (e.g. developing healthy eating policy; breakfast, lunch and snack programs; educational materials; newsletter articles; presentations; counselling).
- [] Our school supports students with life-threatening food allergies (e.g. student record of allergies, partners with community health professionals and allergy associations to develop policies and emergency care plans, train staff and students).
- [] Our school supports students with disordered eating/weight issues (e.g. work with community nutritionist/health nurse/counsellor to help develop strategies).



B. Planning for Healthy Eating at School

After completing the School Healthy Eating Assessment Tool, look at your school's strengths and weaknesses and plan for positive change.

Reflect on the statements that you checked.

Highlight 3 areas where your school is doing well with regard to school nutrition policies and practices:

1

2

3

List a goal and actions that would allow you to share your successes with others (e.g. parents, school division, other schools, media) through newsletters, meetings, press releases or other methods.

Goal

Actions



Reflect on the statements that you did not check.

List 3 priority areas where your school nutrition policies and practices need improvement.

1

2

3

List goals and actions that your school will commit to improve school nutrition policies and practices.

Goal

Actions

Goal

Actions

Goal

Actions